

Endometriosis - easy read patient leaflet

Patient Information

What is endometriosis?

Endometriosis is when tissue like the lining of the womb grows in the wrong place. This can be in the ovaries or lower tummy area. Rarely can it also be seen outside the pelvis. It can cause pain and swelling.

Common symptoms

- Painful periods
- Pain in the lower tummy
- Pain during sex
- Pain when going to the toilet
- Heavy periods
- Feeling very tired
- Trouble getting pregnant

What causes it?

Doctors are not sure what causes endometriosis. It may be linked to periods, hormones, or family history.

How is it diagnosed?

Your doctor will ask about your symptoms. You may have a scan. Sometimes a small operation called a laparoscopy is needed.

Treatment

- Pain relief like paracetamol and ibuprofen.
- Hormone treatment to stop periods with pills, injections, or devices that are placed in the womb.
- Surgery in some cases
- Heat packs and gentle exercise can help
- Referral to pain management services

When to see a doctor

See your GP if the pain is strong, does not go away, or stops you from doing normal daily activities.

Support

You are not alone.

You can get help from your GP and support groups such as **Endometriosis UK**

Ending endometriosis starts by saying it.

www.endometriosis-uk.org

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